

Part 1 of 4

Did you attend the introduction on Saturday Jan., 6th 2018?

Yes No

Did you attend at least 4 of the evening sessions on Tuesdays?

Yes No

How many of the 6 evening sessions on Tuesdays did you attend? _____

Did you attend at least 4 of the mindfulness days on Wednesdays?

Yes No

How many of the 6 mindfulness days on Wednesdays did you attend? _____

Age: _____years

Sex:

Female Male

Profession

Nurse Physician Physiotherapist Psychologist Social worker Other

Have you practiced mindfulness exercises before?

Yes No

If yes, please specify: _____

Part 2 of 4

1. Please rate your level of overall satisfaction with the course.

very dissatisfied rather dissatisfied undecided rather satisfied very satisfied

2. Would you recommend the course to other colleagues working in palliative care?

no more likely no maybe more likely yes yes

3. Please rate your level of overall satisfaction with the instructor's way of teaching.

very dissatisfied rather dissatisfied undecided rather satisfied very satisfied

4. Do you plan to practice the exercises that you learned in the course?

Yes No

5. What are your most memorable moments of the course?

Experiences, feelings, peculiarities, criticism, wishes:

Part 3 of 4

How do you personally rate yourself regarding the following statements?

→ **Note: BEFORE the course** ←

No.	Item	strongly disagree	disagree	undecided	agree	strongly agree
1	I am familiar with mindfulness/self-care techniques.					
2	I use mindfulness/self-care techniques at home in everyday life.					
3	I integrate mindfulness/self-care techniques into my professional everyday life on the palliative care ward.					
4	Even in stressful or strained situations, I maintain contact with a kind of inner peace within myself.					
5	I notice feelings of physical tension and discomfort early on.					
6	When I notice feelings of physical tension and discomfort, I address them in terms of self-care.					
7	I experience a mindful contact with the other team members.					
8	I take time to eat (eat mindfully).					
9	I have an "anchor" that grounds me and brings me into the "here and now", e.g. between two patient conversations.					
10	Even in difficult situations I can adopt a compassionate attitude towards myself and others.					
11	By using mindfulness techniques, I can gather strength during a working day.					
12	When I am stressed or tense, I can consciously relax.					
13	I can value myself.					
14	I can see my mistakes and difficulties without judging myself for them.					
15	I am patient with myself.					
16	I am patient with others.					
17	I can perceive my feelings without losing myself in them or suffering from them.					
18	During my work I feel connected to the "here and now".					
19	I am familiar with Metta meditation (compassion).					
20	I can use Metta meditation (compassion) to experience stressful situations more bearably.					
21	I am familiar with Tonglen (give and take meditation).					
22	I can use Tonglen to make stressful situations more bearable.					

Part 4 of 4

How do you personally rate yourself regarding the following statements?

→ Note, AFTER the course, i. e., now ←

No.	Item	strongly disagree	disagree	undecided	agree	strongly agree
1	I am familiar with mindfulness/self-care techniques.					
2	I use mindfulness/self-care techniques at home in everyday life.					
3	I integrate mindfulness/self-care techniques into my professional everyday life on the palliative care ward.					
4	Even in stressful or strained situations, I maintain contact with a kind of inner peace within myself.					
5	I notice feelings of physical tension and discomfort early on.					
6	When I notice feelings of physical tension and discomfort, I address them in terms of self-care.					
7	I experience a mindful contact with the other team members.					
8	I take time to eat (eat mindfully).					
9	I have an "anchor" that grounds me and brings me into the "here and now", e.g. between two patient conversations.					
10	Even in difficult situations I can adopt a compassionate attitude towards myself and others.					
11	By using mindfulness techniques, I can gather strength during a working day.					
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18	During my work I feel connected to the "here and now".					
19	I am familiar with Metta meditation (compassion).					
20	I can use Metta meditation (compassion) to experience stressful situations more bearably.					
21	I am familiar with Tonglen (give and take meditation).					
22	I can use Tonglen to make stressful situations more bearable.					